



What's On *Your* Plate?

Smart Food Choices for Healthy Aging

Sample Menus

Planning a day's worth of meals using smart food choices might seem overwhelming at first. Here are some sample menus to show you how easy it can be. These menus provide 2,000 calories a day. You might need to eat fewer or more calories, depending on your activity level and whether you are a man or a woman. You'll find sample menus for a week at http://www.choosemyplate.gov/food-groups/downloads/Sample_Menus-2000Cals-DG2010.pdf. Although it might look like the recommended amounts for a food group are not met, or are exceeded, in a single day, the average over a week meets recommendations.

SAMPLE MENU #1



Breakfast

Breakfast burrito

- 1 flour tortilla (8-inch diameter)
- 1 scrambled egg
- ½ cup black beans
- 2 tablespoons salsa

½ large grapefruit

1 cup water, coffee, or tea



Snack

1 cup cantaloupe balls



Lunch

Roast beef sandwich

- 1 small whole-grain hoagie bun
- 2 ounces lean roast beef
- 1 slice part-skim mozzarella cheese
- 2 slices tomato
- ¼ cup mushrooms (cooked in 1 teaspoon corn/canola oil)
- 1 teaspoon mustard

Baked potato wedges

- 1 cup potato wedges (cooked in 1 teaspoon canola oil)
- 1 tablespoon ketchup

1 cup fat-free milk



Dinner

Baked salmon on beet greens

- 4 ounce salmon filet
- 1 teaspoon olive oil
- 2 teaspoons lemon juice
- ½ cup cooked beet greens (cooked in 2 teaspoons canola oil)

Quinoa with almonds

- ½ cup quinoa
- ½ ounce slivered almonds

1 cup fat-free milk

SAMPLE MENU #2



Breakfast

Whole wheat French toast

- 2 slices whole wheat bread
- 3 tablespoons fat-free milk
- ⅓ egg
- 2 teaspoons tub margarine
- 1 tablespoon pancake syrup

½ large grapefruit

1 cup fat-free milk



Snack

3 tablespoon hummus

5 whole wheat crackers



Lunch

3-bean vegetarian chili on baked potato

- ¼ cup each cooked kidney beans, navy beans, and black beans
- ½ cup tomato sauce
- ¼ cup chopped onion
- 2 tablespoons chopped jalapeno peppers
- 1 teaspoon corn/canola oil (to cook onion and peppers)
- ¼ cup cheese sauce
- 1 large baked potato

½ cup cantaloupe

1 cup water, coffee, or tea



Dinner

Hawaiian pizza

- 2 slices cheese pizza, thin crust
- 1 ounce lean ham
- ¼ cup pineapple
- ¼ cup mushrooms, cooked in 1 teaspoon safflower oil

Green salad

- 1 cup mixed salad greens
- 4 teaspoons oil and vinegar dressing

1 cup fat-free milk

SAMPLE MENU #3



Breakfast

Cold cereal

- 1 cup shredded wheat
- ½ cup sliced banana
- ½ cup fat-free milk

1 slice whole wheat toast

- 2 teaspoons all-fruit preserves

1 cup fat-free chocolate milk



Snacks

1 cup frozen yogurt (chocolate)



Lunch

Tuna salad sandwich

- 2 slices rye bread
- 2 ounces tuna
- 1 tablespoon mayonnaise
- 1 tablespoon chopped celery
- ½ cup shredded lettuce

1 medium peach

1 cup fat-free milk



Dinner

Roasted chicken

- 3 ounces cooked chicken breast

1 large sweet potato, roasted

½ cup succotash (lima beans and corn)

- 1 teaspoon tub margarine

1 ounce whole wheat roll

- 1 teaspoon tub margarine

1 cup water, coffee, or tea

SAMPLE MENU #4



Breakfast

Creamy oatmeal (cooked in milk)

- ½ cup uncooked oatmeal
- 1 cup fat-free milk
- 2 tablespoons raisins
- 2 teaspoons brown sugar

1 cup orange juice



Snacks

2 tablespoons raisins

1 ounce unsalted almonds



Lunch

Taco salad

- 2 ounces tortilla chips
- 2 ounces cooked ground turkey (cooked in 2 teaspoons corn oil)
- ¼ cup kidney beans
- ½ ounce low-fat cheddar cheese
- ½ cup chopped lettuce
- ½ cup avocado
- 1 teaspoon lime juice (on avocado)
- 2 tablespoons salsa

1 cup water, coffee, or tea



Dinner

Spinach lasagna roll-ups

- 1 cup lasagna noodles (2 ounces dry)
- ½ cup cooked spinach
- ½ cup ricotta cheese
- 1 ounce part-skim mozzarella cheese
- ½ cup tomato sauce

1 ounce whole wheat roll

- 1 teaspoon tub margarine

1 cup fat-free milk